

Preparing for Deployment

Table of Contents

[Summary](#)

[How to Prepare for Deployment](#)

[Quick Guide: Finding Local Resources](#)

[Frequently Asked Questions](#)

[Links](#)

[Points of Contact](#)

Summary

Servicemembers and their Families start formally preparing for deployment six to eight weeks before the deployment date. Preparation for deployment includes financial and emotional readiness, and practical and personal preparation.

There is a one to two day Yellow Ribbon event 30 days before deployment that Servicemembers and their Families may attend. Servicemembers and their Families receive information on how to deal with the difficulties of separation and deployment. Services that are covered include: Financial Readiness and Counseling, TRICARE, Military OneSource, VA benefits and entitlements, and Employer Support. Emphasis is placed on creating resilience, risk reduction, Psychological First Aid, pay and finance, Family Assistance Centers, Chaplain and/or other religious support, child and youth services, and the American Red Cross.

[Back to top](#)

How to Prepare for Deployment

Emotional Preparation	Home and Life Preparation	Child Preparation
Finding out as much as possible about the deployment	Ensure all important contact numbers are up to date and easy to locate	Surprise your child with a special gift before the start of the deployment
Agree on a communication plan	Update legal and financial documents and details	Take pictures or videotapes of your Servicemember and child doing everyday activities
Express your feelings	Create a Family emergency plan	Review the house rules
Reach out to others who are going through deployment or have gone through deployment	Discuss how to handle the finances during deployment	Encourage younger children to reach out to older children who are going through deployment or have gone through deployment

Emotional Preparation	Home and Life Preparation	Child Preparation
Spend time as a couple and a Family	Review child and elder care arrangements	Ensure you child understands how to communicate with the Servicemember during the deployment

[Back to top](#)

Quick Guide: Finding Local Resources

1. Access the [Joint Services Support – Yellow Ribbon Reintegration Program Website](#), or [National Guard Family Program Website](#)
2. Click on “Find Local Resources”
3. Select your State
4. Click on “Next”
5. Select the personnel and/or organization resources you wish to find (e.g. ARNG YRRP Program Manager)
6. Click on “Next”
7. Receive information about local events and/or personnel

[Back to top](#)

Frequently Asked Questions

Q. What is mobilization/deployment?

- A. Mobilization is the act of assembling forces for active duty in times of war or national emergency. Deployment is activation and support to missions outside of the continental U.S. such as OIF and OEF.

Q. What are the common emotions I will feel before deployment?

- A. Emotions vary during the weeks before deployment but may include fear, denial, anger, resentment, frustration, and guilt.

Q. What is a Family Care Plan?

- A. A Family Care Plan is a "blueprint" that shows how a Servicemember's Family will be cared for in their absence -- whether they are deployed, on temporary duty, or otherwise unavailable because of military obligations. It allows for a smooth transition of responsibilities to a caregiver when a Servicemember must leave for short or long periods of time, demonstrating to the commander that unit members will be ready to accomplish the mission of the unit. The plan is made up of instructions that a Servicemember writes and certain legal documents, such as a power-of-attorney.

Q. What legal and finance documents need to be updated before deployment?

- A. The following is a list of documents that should be updated and/or located before deployment:
- Birth certificates

- Marriage certificate
- Social security cards for all Family members
- Naturalization or Citizenship papers
- Record of emergency data
- Military records
- Adoption papers
- Will(s)
- Power of attorney
- Passport(s)
- Life insurance policy(s)
- Household insurance policy(s)
- Automotive insurance policy(s)

Q. What is a Family Assistance Center (FAC)?

- A. A FAC provides support and assistance to Servicemembers and their Families by offering information about military, federal, State, and local resources available. FACs provide a variety of services, including: legal resources & referrals, financial resources & referrals, crisis intervention and referrals, TRICARE resources & referrals, ID cards & Defense Enrollment Eligibility Reporting System (DEERS), and community information & outreach. FACs are located throughout each State making it easier for Soldiers and their Families to receive support and assistance during the whole deployment cycle.

[Back to top](#)

Links

- [Joint Services Support – Yellow Ribbon Reintegration Program](#)
This website provides the mission and vision of the National Guard Bureau's Yellow Ribbon Reintegration program and information about the Yellow Ribbon program events that occur throughout the deployment cycle.
- [National Guard Family Program](#)
This website provides the mission and vision of the National Guard Family program, information about the partnerships the National Guard has formed with local, regional, and national communities, and information about financial, household, and emotional support.
- [Yellow Ribbon Program](#)
This website provides information and resources on the Yellow Ribbon program to Servicemembers, their Families, and military leadership, web links for recent news articles about the program, policy and guidance references, and additional resources (i.e. health care, counseling, financial, legal, etc.).
- [Military.com Benefits – Deployment: Mobilization and Deployment](#)
This website provides a definition and phases of mobilization.

- [Military OneSource – Preparing a Family Care Plan](#)
This website provides an overview of a Family Care Plan including: a definition, basic requirements, issues to address while creating a Family Care Plan, and other concerns & resources.
- [Military Spouse Career Center – Preparing for Deployment: The Home Side](#)
This website provides tips for Family members on how to prepare for deployment including: emotional preparations, how to prepare your home and life for deployment, and how to prepare your children for deployment.
- [American Red Cross](#)
This website provides information on how to get assistance from the American Red Cross, how to find your local Red Cross center, how to get involved, and how to prepare for an emergency.
- [4-H](#)
This website provides the history of the 4-H community, a list of programs involved in the community, how to get involved, and resources.

[Back to top](#)

Points of Contact

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[Back to top](#)

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